

## When Trauma Happens

A child may:

- ◆ Feel numb or shock
- ◆ Avoid people and places that remind them of the event
- ◆ Have nightmares or strong memories of the event
- ◆ Be very afraid, angry, or sad
- ◆ Have trouble sleeping or paying attention
- ◆ Feel helpless and hopeless
- ◆ Be very tired and worn out
- ◆ Have aches and pains

## When Community Violence Happens

A child may:

- ◆ Not know who to trust
- ◆ Be on edge all the time, like something's going to happen
- ◆ Worry about other family members being hurt
- ◆ Feel angry even when nobody is messing with them
- ◆ Get jumpy or nervous at the smallest things or little sounds.
- ◆ Cannot stop thinking about violence, and how it's never going to end

*Experiencing chronic community violence can be enough to rob children of their sense of safety and can affect children's outlook on the future and their sense of control.*



**Together we can help our children begin to heal and thrive, if we take a stand against community violence.**

# Trauma & Community Violence



## Information for Families



## What is Trauma?

Trauma is a scary, dangerous, or violent event that can happen to any or all members of a family. Some types of trauma families may go through are:

- ◆ Accidents or injuries
- ◆ Serious illness
- ◆ Sudden loss of a loved one
- ◆ Violence within the family
- ◆ Abuse / Neglect
- ◆ Homelessness

## What is Community Violence?

Community Violence is when someone purposely attempts to hurt one or more persons in public spaces.

This includes: homicides, sexual assaults, robberies, physical assaults, and using weapons to do harm.

Children exposed to community violence are more fearful, believe violence can happen at anytime, and see the world as an unsafe place.



## Working Through Trauma

Some children get better with time and the support from family and friends. Some children and their families may need to speak to a doctor, school counselor, spiritual leader, or mental health provider.



## Community Support Services

### Ad-Hoc

816-861-5500

### Children's Mercy

Child & Family Therapy Services  
816-234-3670

### The Children's Place

816-363-1898

### Cornerstones of Care

multiple locations  
855-778-5437, option 5

### Family Conservancy

913-742-4347  
en español 913-573-1110

### Maddie Rhodes (2 locations)

816-471-2536 (Westside)  
816-241-3780 (Northeast)  
Spanish Services available

### Swope Behavioral Health

816-922-1070

### Synergy Services

816-587-4100

### Truman Medical Center

816-404-5755

*All agencies offer a sliding scale—  
Many accept Medicaid.*